

## **Checklist of Planned Activities**

### **1) Outdoor Spaces and Buildings**

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  - Public areas will be cleaner and more pleasant. It will be provided that natural gas systems will be commonly used for the clean air.
  - Green spaces and outdoor seating will be with shade, sheltered, well maintained and sufficient in number for the use of older people.
  - Hobby gardens will be constructed, and they will be located in the convenient and accessible parts of the city for old adults to spend quality time and make production.
- Pavements which will be non-slip, wide enough for wheelchairs and convenient for old adults and disabled people, will be sufficient in number.
- Pedestrian crossings will be sufficient in number and safe for people with different levels and types of disability, with non-slip markings, visual and audio cues and adequate crossing times.
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  - Drivers will be provided training for giving way to pedestrians at intersections and pedestrian crossings.
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  - Walking trails, rest areas and sports areas will be constituted for old adults in Mersin coast.
  - Parks will be lighted with solar lights and the numbers of security guards will be increased to be able to spend more time freely and safely in public areas, especially parks in the evenings.
  - Special customer services arrangements will be provided for older people in service building of the municipality.
- Rails and grab bars will be placed where necessary in the existing parks for providing seniors to spend quality time and to support them.
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  - Public buildings will be revised to be more accessible for seniors to do their jobs more comfortably.
  - The number of accessible toilets will be increased in outdoors, particularly at stops and parks.

## **2) Transportation**

- The number of disabled and eco-friendly buses will be increased, which have convenient door, ramp, seating and audio alarm system for seniors.
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- The number of smart stops will be increased, which give information about routes, departure times and distance, alongside the distance between stops will be shortened.
- Trainings will be provided for the bus drivers about how to appropriately deal with adult and disabled citizens during get on and off the bus.
- Traffic signs and overlaps will be revised in a way that can be seen easily by seniors.
- The number of accessible parking areas and driver rest areas will be increased for the seniors.
- Buttons will be placed on traffic lights to facilitate the crossing of the seniors at pedestrian crossings.

## **3) Housing**

- Community buildings will be constructed in a convenient area in Mersin. Thus it is provided that seniors with low income will have houses.
- Interior and buildings will be rearranged according to the accessibility.
- The numbers of parks which are close to buildings will be increased.
- Hairdresser, personal cleaning and house cleaning services will be provided for seniors in the scope of home care services.
- At the same time we provide consultancy service for the seniors. Thus we concern themselves over our municipality's training courses according to their abilities and talents.
- We appoint personnel for troubleshooting in the senior's house.(electrical, small plumbing problems, window etc.)

#### **4) Social Participation**

- It is planned with the 'Button System' which will be provided until 2018 that the self-care and biological-psychological- social needs of seniors who live alone in the home and need care will be met efficiently by connecting telecommunications access and in case of need with appropriate intervention.
- Information-Center for Old Persons will be opened by Mersin Metropolitan Municipality to let older people be a part of the social life and increase the quality of their retirement. There will be dancing, music, theatre, etc. activities within this center.
- 'Approach to old adults' training is planned to be implement for personnel who are working in the service area within our municipality.
- Needer old adults will be determined and we will give public relief- financial aid for these old adults.
- The frequency of activities will be increased. Thus we will try to reach more seniors.
- Areas that are convenient for the participation of companion will be provided in activities.
- It is aimed to increase the activeness of the adults by spending time out of their institutions by letting the university students spend time with the residents of the Old-age home, Nursing and Rehabilitation Centre and such as institutions with the project called 'My Past is My Future' that is planned to be implemented in 2016 that aims to socialise between the generations.

#### **5) Respect and Social Inclusion**

- A part will be given by the name of 'My Past Years' in local and national press. Thus old adults can share their memories, experiences and the feelings they experience
- 'My job and my life experiences' courses will be opened in public education centre to transfer old people's professional experiences.
- Cafes will be opened in coastline to provide the coming together of seniors and rising generation and activities (chess, backgammon, sport) will be organized to provide communicating with each other.
- Seniors will be invited for kermises organized by various private and public institutions. They can exhibit handcrafts in dedicated areas for them.
- It will be planned a activity with the motto 'Take Your Grandchild and Come'. It will be provided with this activity that seniors teach street games to children which they

play in their childhood. Teams of Volunteers' will be formed. These teams will provide that non-well-off seniors can easily reach to public, voluntary and special services.

#### **6) Civic Participation and Employment**

- Courses will be held about jobs that seniors will do it alone in cooperation with various civil society organizations (cso) and chamber of artisans. Thus areas will be created that they can work.
- Trainings will be held for creating awareness about adaptation to retirement and active aging after the retirement.
- It will be provided that seniors will be employed for turning hobbies into financial gain after the retirement. 'Seniors Council' will be established in the scope of Mersin Metropolitan Municipality. It will provide that seniors participate in administration actively.

#### **7) Communication and Information**

- Audio and visual editions about topics that seniors may be interested in will be prepared. These editions will be sent to seniors regularly..
- Information is provided regularly to old adults about the services of the municipality.
- Telephone answering services in the units of municipality will give information slowly and apprehensibly and they control each time whether people can understand them or not.
- Transferred knowledge included writing in television and visual media will be majuscule, clear, short and goal-oriented.
- A system will be developed by consultants that will provide information flow one-to-one for old adults who are living alone and ragamuffin.

#### **8) Community Support and Health Services**

- An electronic circuit system will set up in the shape of watch that seniors feel themselves safe. Thus it is provided that old and disabled citizens can call for help from our municipality in case of emergency.
- The numbers of medical personnel in home care services will be increased and home visits will be made more frequently.

- Home care services will be located close to the residential areas where the density of old adults.
- Dental and eye units will be generalised and brought to the locations that are easily accessible by our old citizens.
- In-service training seminars will be organised for medical personnel to bring them in awareness about attitudes to old adults.
- The social emergency planning will be prepared regularly by considering old people's vulnerability and capacity.
- Mobile health centres have been established for the general health screening of old adults over 65 living in rural areas, briefing and consciousness rising about their diseases.